**Pre-Post Test**

1. Are you able to identify rational beliefs and irrational beliefs?

Yes No

1. Are you able to write at least one rational coping self-statement with no grammatical errors?

Yes No

1. Are you able to perform a deep breathing relaxation exercise to reduce the level of test anxiety?

Yes No

1. Are you able to add and average your self-reported responses on the Test Anxiety Likert-scale to determine the level of test anxiety?

Yes No